



Mental Health & Substance Use Treatment Programs

For Adults

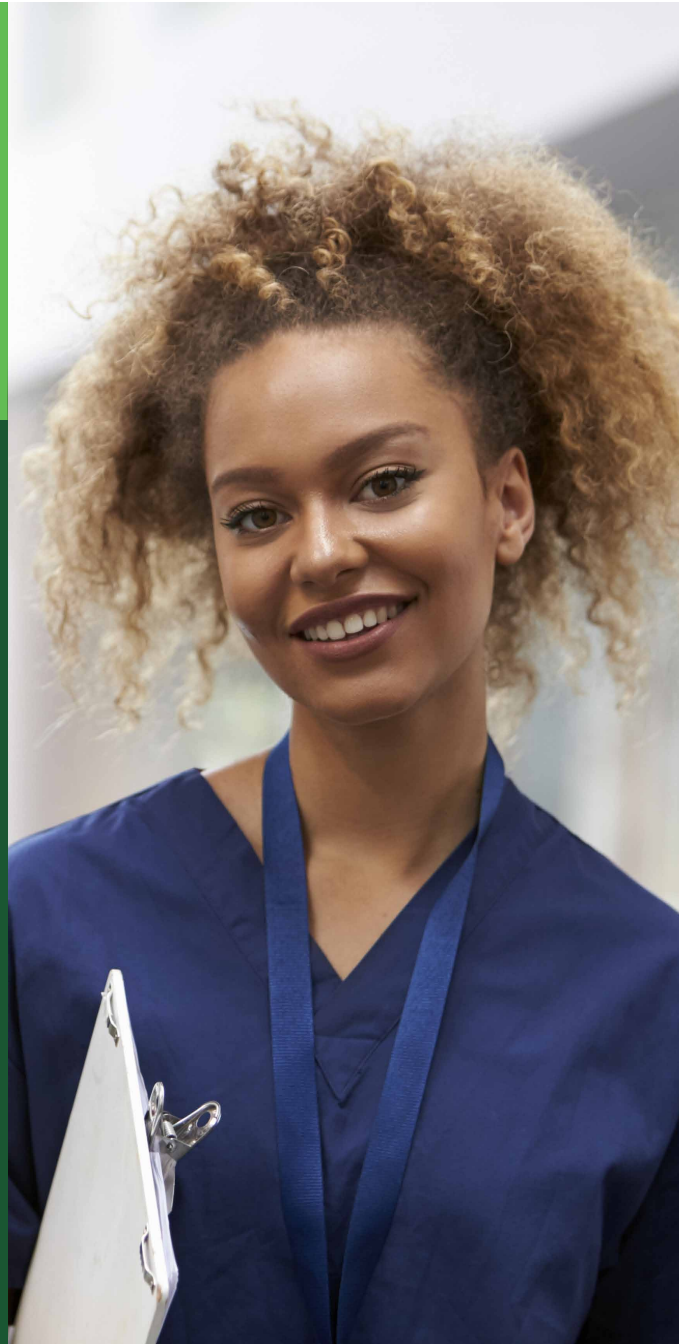


A Trusted Leader in Behavioral Healthcare Treatment

For over 25 years, individuals and families have relied on the team at High Focus Centers to provide relief from behavioral health challenges.

Whether you are struggling with mental health, substance use, or a combination of both, our team has developed an innovative and highly effective curriculum to help you get on track.

With specialized and flexible programs designed to meet your individual needs, High Focus Centers consistently goes above and beyond to help you recover and thrive.





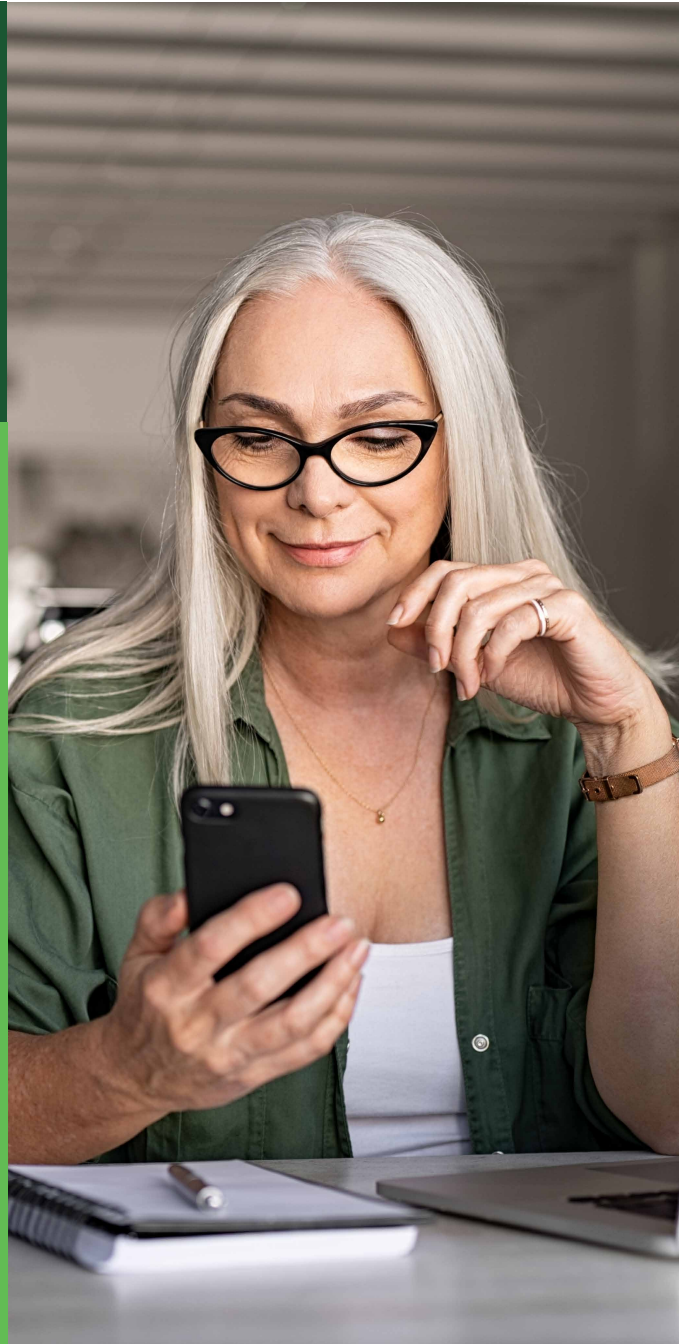
What's Inside...

Getting Started	5
Our Programs	6
Mental Health Programs	8
Partial Care & Intensive Outpatient Programs	8
DBT (Dialectical Behavior Therapy) Skills Training	8
Trauma-Enhanced Intensive Outpatient Program	9
LGBTQ+ Track	9
Co-Occurring Disorders Program	10
Substance Use Programs	12
Levels of Substance Use Outpatient Care	13
Treatment Model Features	13
Family Programs, Transportation, Admissions	14

Getting Started

During the initial assessment, our clinician will take time to get to know you and fully understand any factors that might be contributing to your mental health and/or substance use challenges.

If you require services that are not provided at High Focus Centers, our team will connect you with a trusted provider who can best meet your needs.



Our Programs

High Focus Centers offers a full spectrum of behavioral health treatment services, assuring access to programming that is right for you.



Mental Health

Partial Care Program

- Full day
- 5 days per week

Intensive Outpatient Program

- Half day
- 2-5 days per week
- Day or evening hours available

Trauma-Enhanced Intensive Outpatient Program

- Half day
- 3 days per week

LGBTQ+ Track

- Half day
- 2-5 days per week



Co-Occurring Disorders

Partial Care Program

- Full day
- 5 days per week

Intensive Outpatient Program

- Half day
- 2-5 days per week



Substance Use

Partial Care Program

- Full day
- 5 days per week

Intensive Outpatient Program

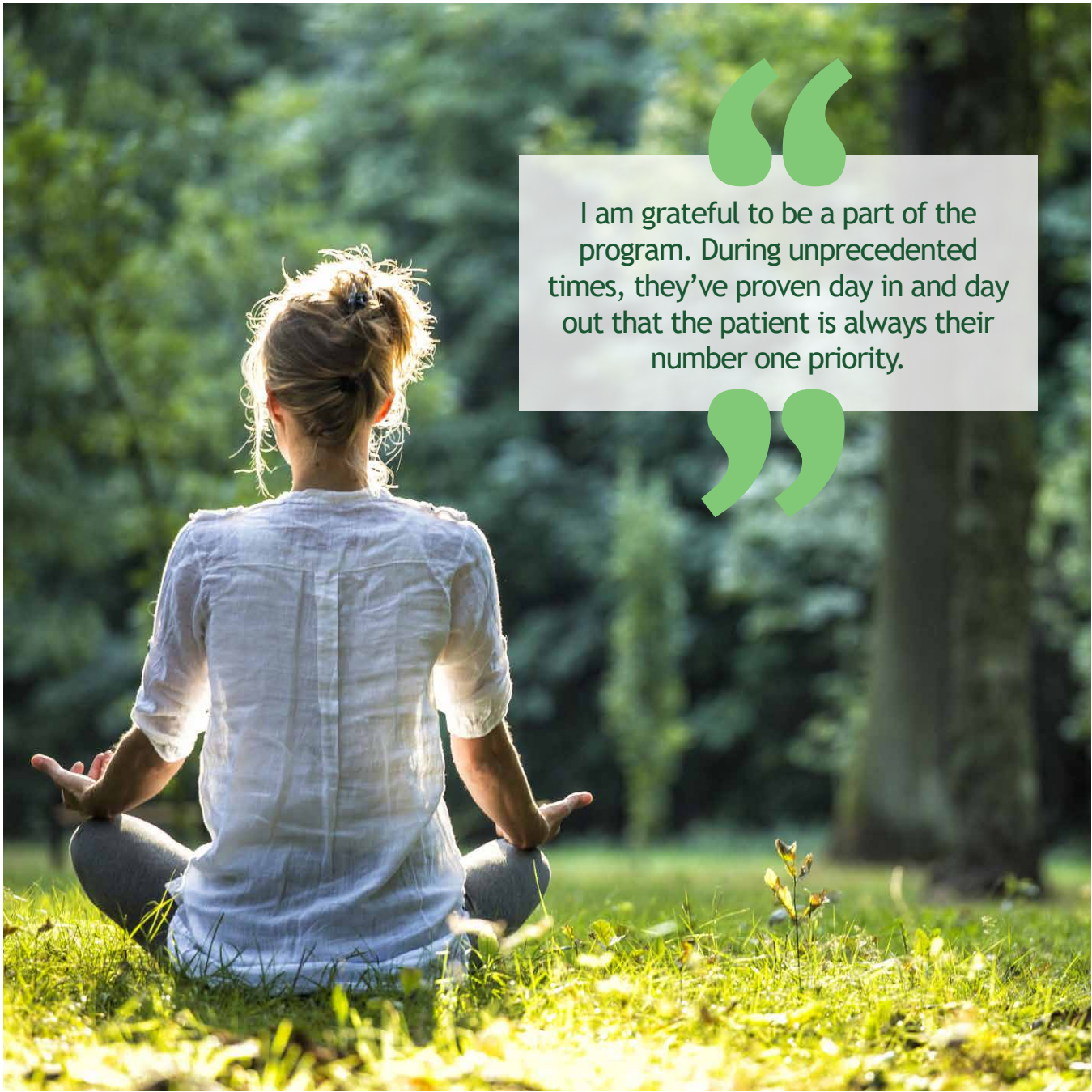
- Half day
- 2-5 days per week
- Day or evening hours available

Fortitude & Focus Outpatient Group

- 1 hour per week
- 1 evening per week

LGBTQ+ Track

- Half day
- 2-5 days per week



I am grateful to be a part of the program. During unprecedented times, they've proven day in and day out that the patient is always their number one priority.

Mental Health Programs

Symptoms of mental health can sometimes become severe enough to interfere with healthy daily functioning. Our mental health programs for adults focus on providing quick relief, as well as building skills and knowledge to help promote ongoing long-term wellness.

Partial Care & Intensive Outpatient Programs

Mental health programming at High Focus Centers offers a comprehensive, integrated approach that provides the best chances for fast symptom improvement and a return to productive living. As you show improvement, you will graduate to progressively less intensive treatment.

Programs are individualized and consist of:	Partial Care Program	Intensive Outpatient Program
Days Per Week	5	2-5
Groups Per Day	5	3
Weekly Individual Sessions	3	2

All programs include individual therapy, family counseling, psychiatric evaluation, ongoing medication management, and nursing services.

DBT (Dialectical Behavior Therapy) Skills Training

In our mental health programs, you will learn and practice DBT skills to help overcome impulse behaviors and disruptive emotional patterns.



Mindfulness

Focus on the present & observe internal thoughts, emotions & the world around you without judgment.



Emotion Regulation

Learn to manage & control your emotions & create a more positive outlook.



Distress Tolerance

Gain resilience in dealing with stress or pain to improve mental well-being & overall confidence.



Interpersonal Effectiveness

Build productive relationships & manage conflict to create positive solutions.

Trauma-Enhanced Intensive Outpatient Program

Our trauma services include **two levels** of intensity comprised of group, individual and psychiatry sessions.

Level 1

offers trauma-specific educational and coping skills training in a closed group format that patients attend multiple times per week.

Level 2

features closed process therapy groups and a higher intensity, trauma-specific curriculum including coping skills and symptom management.

Core Elements

- ✓ Managing Responses to Triggers
- ✓ Creating Safety
- ✓ Boundary Setting
- ✓ Impact of Trauma on Neurochemistry

LGBTQ+ Track

Treatment with Pride

Adults who identify as being part of the LGBTQ+ Community suffer from behavioral health issues at alarmingly high rates. Providing treatment that is in full alignment with their unique needs has become essential.

Our innovative, new LGBTQ+ Track focuses on the development of strategies to embrace identity, empower oneself, and find acceptance.

Within the context of this LGBTQ+ affirming environment, the inclusive track provides symptom stabilization, lifelong recovery-based skills, and medication management.

Themes

- ✓ Identifying Authentic Self
- ✓ Finding Community
- ✓ Advocacy & Empowerment
- ✓ Healthy Relationships
- ✓ Trauma
- ✓ Physical Health & Care

Co-Occurring Disorders Program

Individuals who experience mental health and substance use disorders simultaneously often face unique challenges and require a truly integrated treatment approach that addresses these issues concurrently.



Many individuals suffer from both substance use and mental health disorders simultaneously. Your initial assessment is designed to identify the nuances presented and offer a proper diagnosis in order to pursue the optimal treatment course.

Led by clinical professionals with an expertise in treating addiction, our comprehensive program is specifically tailored to individuals with a dual diagnosis, and includes:

- ✓ Weekly Psychiatry Sessions
- ✓ Specialized Psychoeducational Curriculum
- ✓ Group Therapy Interventions
- ✓ DBT Skills Training



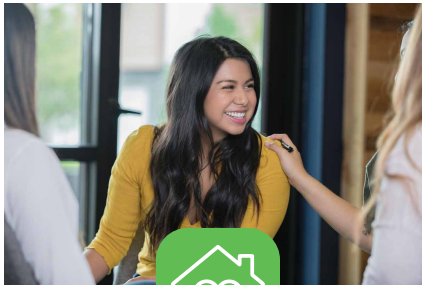
The staff and the people are always so supportive and understanding. I was afraid to join group therapy, but I'm glad I did because it has changed my life in a positive way!

Substance Use Programs

The Substance Use Programs at High Focus Centers offer innovative and evidence-based treatment services to individuals who are seeking a return to a normal and productive life free from addiction.

Our philosophy hinges on the idea that effective treatment of substance use disorders must involve an integrative approach, where a combination of different treatment models and tools are utilized.

Since every addiction is different, every path to sobriety involves a customized plan based on what will work best for each individual.



Partial Care Program

- Treats severe substance use disorders
- Provides additional structure and support
- 5 days per week



Intensive Outpatient Program

- Individual, group, & family therapy
- Comprehensive family program
- Day & evening hours
- Half day
- 2-5 days per week



Fortitude & Focus Outpatient Group

- Substance use group for adults seeking additional support
- Weekly group meetings (1 hour)
- Individual therapy sessions

Levels of Substance Use Outpatient Care

High Focus Centers offers multiple levels of substance use treatment, including Partial Care, Intensive Outpatient, and Outpatient Programs to improve your chances of achieving long-term recovery. After we get to know your specific needs in the initial assessment, a recommendation is made for the optimal intensity of treatment.



Treatment Model Features

High Focus Centers utilizes a variety of techniques to encourage long-term health and wellness, including:

- ✓ **Patient Empowerment**
You are empowered to make choices to reinforce accountability for your own recovery.
- ✓ **Recovery Skills Training**
We provide tools for managing urges & overcoming emotions which could lead to substance use or self-medication.
- ✓ **Family Involvement**
A weekly family night includes education, structured therapeutic activities, & activities with other families.
- ✓ **Evidence-Based Therapy**
We utilize a variety of treatment models such as DBT, CBT, & Motivational Interviewing.
- ✓ **Holistic Services**
Activities such as yoga, art therapy, and pet therapy strengthen the link between the mind and body.
- ✓ **Technology Applications**
Our online recovery app provides a 24/7 connection between you and your clinician.
- ✓ **Full Continuum of Care**
Three levels of care are available to provide the most appropriate amount of support for your needs.
- ✓ **Connection to MAT Services**
We can seamlessly connect you with a trusted Medication Assisted Treatment (MAT) provider to increase your chances of a successful recovery.



FAMILY PROGRAMS

Your family's needs are always addressed at High Focus Centers and are often a critical factor in successful treatment. Our Family Programs include psycho-education, support, and multi-family therapy. These programs are augmented by individual family sessions throughout the course of treatment.

TRANSPORTATION

We work to remove any potential barriers to treatment access, including transportation. Treatment sites may provide one-way or round-trip transportation from your home or school to our facilities. Special arrangements and drop-off locations are discussed prior to admission. Availability is subject to change.

ADMISSIONS

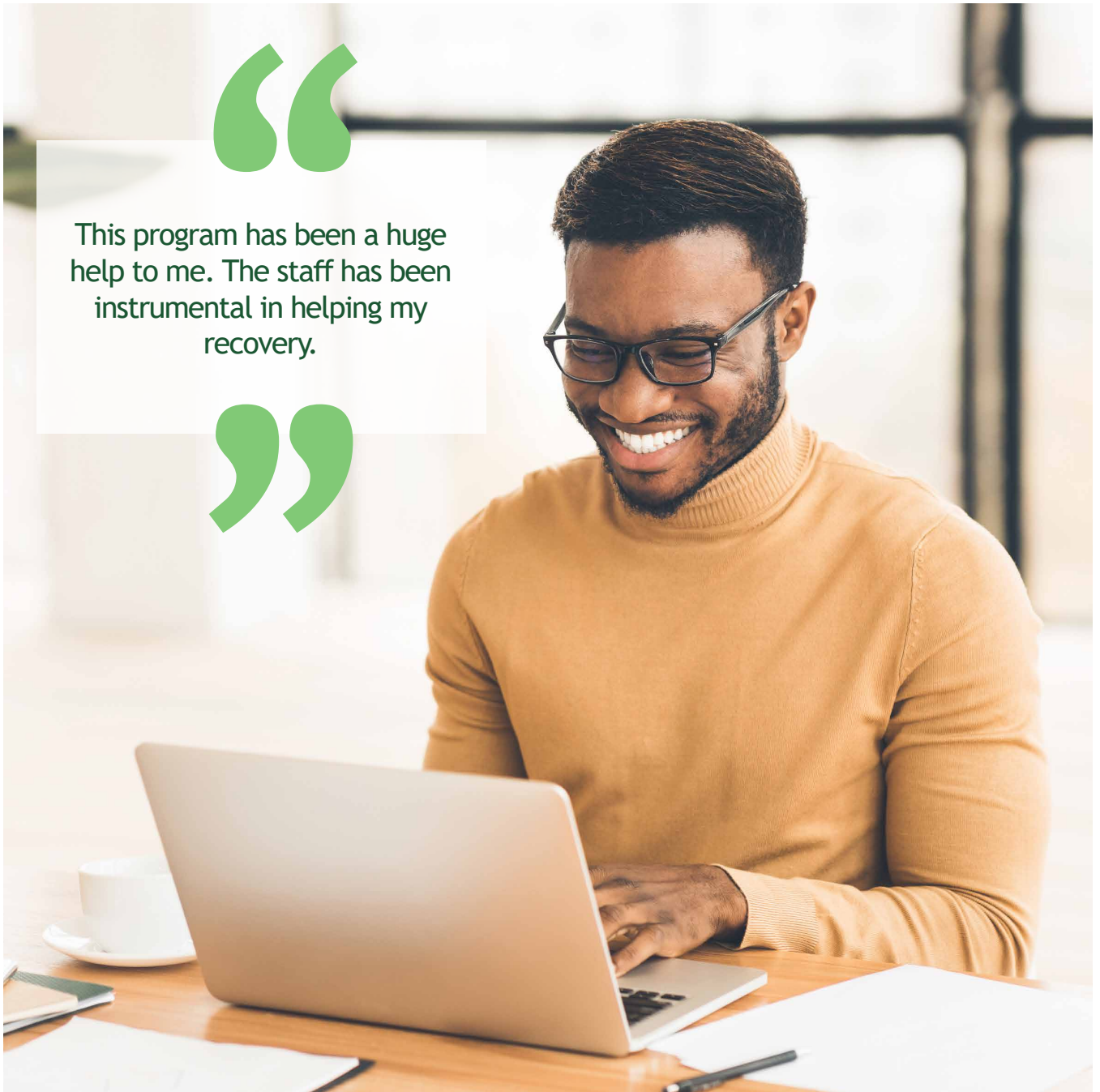
Our admissions team provides a comforting initial experience with a focus on the removal of any barriers that may affect access to appropriate treatment.

Our call center operates Monday through Friday from 7:00 am to 11:00 pm and from 9:00 am to 5:00 pm on Saturday and Sunday.

“

This program has been a huge help to me. The staff has been instrumental in helping my recovery.

”





We can help. Call us today!
(800) 877-FOCUS (3628)



Locations in NJ & CT



highfocuscenters.com



High Focus Centers is Joint Commission
accredited and has been providing
innovative clinical care since 1994.

04/2022